## What is Claimed is:

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- 1. A vertical field effect transistor comprising:
- a microelectronic substrate including a trench, the trench defining a sidewall;
- a conformal monocrystalline silicon layer on the sidewall of the trench, the
- conformal monocrystalline silicon layer on the sidewall of the trench including a drain region adjacent the substrate, a source region remote from the substrate and a channel region between the source and drain regions;
- a plug in the trench that includes the conformal monocrystalline silicon layer on the sidewall thereof:
- a gate insulating layer adjacent the channel; and
  - a gate electrode on the gate insulating layer opposite the channel.
  - 2. A field effect transistor according to Claim 1 wherein the conformal monocrystalline silicon layer on the sidewall of the trench is a continuous conformal monocrystalline silicon layer on the sidewall of the trench.
    - 3. A field effect transistor according to Claim 1 wherein the conformal monocrystalline silicon layer on the sidewall of the trench comprises spaced apart conformal portions of the conformal monocrystalline silicon layer on the sidewall of the trench.
- A field effect transistor according to Claim 1 further comprising:

   a first layer on the substrate; and
   a second layer on the first layer opposite the substrate;

  wherein the trench extends in the first layer and the second layer; and wherein the gate insulating layer and the gate electrode are between the first and second layers.
- 5. A field effect transistor according to Claim 4 wherein the first and second layers comprise phosphosilicate glass and/or borosilicate glass.
  - 6. A field effect transistors according to Claim 1 wherein the plug comprises high dielectric constant material.

7. A field effect transistor according to Claim 1 further comprising a silicon layer between the microelectronic substrate and the drain region.